

Fitness Fun

PHYSICAL EDUCATION VOCAB

Important words for us to understand and use.

BALANCE: All pieces and parts are equal and in correct proportions.

Candace ate a balanced meal with all 5 food groups on her plate.

ENERGY: The strength and endurance that a person has for physical and mental activity.

People get energy from the food that we eat.

FRUIT: One of the 5 food groups that includes sweet edible parts of trees and plants.

Fruit is a healthy food that gives our bodies energy, vitamins, minerals, and fiber to keep our bodies healthy.

FOOD GROUPS: Categories of foods that are similar in the way they grow and the nutrition they provide.

The 5 food groups include fruits, vegetables, grains, protein, and dairy.

HEALTH: Free from sickness & injury. Physical, mental, and social well-being.

Physical activity and nutritious foods help to protect our health.



Fitness Fun

PHYSICAL EDUCATION VOCAB

IMPROVE: To make or become better.

If I'm feeling sick my family gives me oranges with vitamin C to improve the way I feel.

PHYSICAL ACTIVITY: Any movement of the body that requires energy.

Caleb eats healthy food to give him energy for fun physical activity.

RECOGNIZE: To know something when you see it.

Sasha could recognize healthy foods at the grocery store.

RESPONSIBLE: To act in a way that is trustworthy and good.

Benji was a responsible student because his teacher could trust that he would do his classwork and be helpful for others.

VEGETABLE: One of the 5 food groups that includes the nutritious, edible parts of plants.

Vegetables give our bodies energy, vitamins, minerals, and fiber to keep our bodies healthy and strong.

